

INBALANCE MEETINGS SIGNATURES

InBalance Spaces

From the initial arrival experience each participant will feel inspired to personally engage and contribute to the meeting agenda.

Plan and Connect

InBalance Meetings provides a comfortable, flexible space that can adapt to almost any type of meeting. Unique room set ups include a refrigerator with bottled water, a break out pod for small group work and a magnetic glass writing board to capture ideas. Fitballs and yoga mats to facilitate a relaxed environment are also a feature of our unique InBalance time out sessions.

Nurture Yourself

A Nurture Yourself menu has been curated by renowned nutritionist Michele Chevalley-Hedge. Meals are made with a balance of protein and carbohydrates along with balanced morning tea options and afternoon tea pick me up options.

Timeouts

Renew energy with our time out activities. Options include a virtual head to toe 12 minute yoga stretch, virtual 20 minute audio-visual meditation experience and a local area map to go for an energising walk or jog.

Health and Wellbeing

Novotel provides the ideal setting for a high performance health and wellbeing conference experience. Choose to incorporate personal training sessions, nutrition workshops and team building activities.

To learn more about InBalance Meetings at Novotel, or to arrange an appointment to view our InBalance meeting rooms, please contact the meetings and events team at your local Novotel directly.

